

MINNESOTA 10 X10

(9/2/11)

Improving Health for Persons with Bipolar Disorder or Schizophrenia

Note to Patients and Family Members:

In addition to following your mental health treatment plan, it is important to pay attention to your physical health in order to live a healthier, longer life.

People with mental health conditions need to work with their primary care physicians and other health care providers to make sure that these basic health issues are addressed.

Lifestyle Tips to Help You Have a Healthier, Longer Life:

- **Try to Maintain a Healthy Weight** -- If you need to lose weight, ask for help regarding diet and exercise.
- **Avoid Smoking** -- If you don't smoke, don't start because smoking (even second hand smoke) reduces your life expectancy. If you do smoke, get help to quit.
- **Avoid (or Minimize) Alcohol**-- Use alcohol sparingly, if at all. If you or your doctor is concerned, get help to quit. Remember, alcohol may not mix well with your medications.
- **Maintain a Healthy Heart** --Try to maintain good cholesterol levels. Ask your doctor to do a blood test for this annually and follow any advice regarding nutrition and exercise.
- **Avoid (or Manage) Diabetes** --Be aware of your blood sugar levels.
 - If you are not diabetic, ask your doctor to do a test of your "fasting blood sugar" annually to make sure that you are not at risk.
 - If you are diabetic, ask your doctor to test your "hemoglobin A1c" at least annually and follow any advice regarding nutrition and exercise.

Please give this sheet to your doctor as a checklist of health topics to review annually.

Patient Name: _____ DOB: _____

Primary Care Visit – Date: _____

Health Topic	Date (if different from above)	Results (Circle One for each Health Topic)		
		More Healthy		Unhealthy
BMI		18.6 to 29.9		≥30 or ≤ 18.5
Tobacco Use		No tobacco use		Ongoing tobacco use
Alcohol Use*		≤ 4 drinks / day and ≤ 14 drinks / week	Men	≥ 5 drinks /day or ≥ 15 drinks / week
		≤ 3 drinks / day and ≤ 7 drinks / week	Women	≥ 4 drinks per day or ≥ 8 drinks per week
Blood Pressure		≤140 ≤90		≥ 141 ≥ 91
LDL		≤129		≥ 130
Blood Sugar • If not diabetic Fasting blood sugar		≤125		≥ 126
• If diabetic – Hemoglobin A1c		<8		≥ 8

* A drink is 12 oz of beer, 8 oz of malt liquor, 5 oz of wine, 1 ½ oz hard liquor

Note to Physicians:

Please return results to the patient and to appropriate caregivers. Thank you! Please see page 2.

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System of Health Care, Care Coordination and Supports

Please identify those (in addition to this client / patient / consumer) with whom to communicate, using your usual forms for consent for release of information.

Psychiatrist
Certified Nurse Specialist
Physician's Assistant
Nurse Practitioner
Primary Care Provider
Therapist
Pharmacist (Medication Therapy Management)
Medical Specialist
Public Health Nurse

IRTS (Intensive Rehab Treatment Services)

Emergency Department

Shelter

Inpatient Psychiatry

Housing + Supports

TCM (Targeted Case Management)

Support Groups:
Mental Health
Chemical Health
Other

ACT (Assertive Community
Treatment Team)

Social Services

Client /
Patient /
Consumer
+
Family
and/or
Guardian

ARMHS (Adult Rehab Mental Health Services)

Health Plan
Disease Management
Case Management

Certified Peer Specialist

Community Mental Health Center
Day Treatment

Supported Employment

*Identify individuals and programs that can support
continuity of care to help improve health
among persons with mental illness*